

ZUCCHINI MUFFINS

Ingredients

- | | |
|--|---|
| 2 medium to large zucchini (approx. 3 cups grated zucchini) | 2 teaspoons cinnamon |
| 3 eggs | $\frac{3}{4}$ teaspoon baking soda |
| 3 cups almond flour | $\frac{1}{4}$ teaspoon salt. |
| $\frac{1}{3}$ cup canola oil | Optional: $\frac{1}{2}$ cup chocolate chips |
| $\frac{1}{3}$ cup honey | |

Directions:

Preheat oven to 325°. Use a hand or box grater to coarsely grate zucchini. In a separate bowl, mix almond flour, cinnamon, baking soda and salt. Add in oil, honey and eggs. Squeeze out excess liquid from grated zucchini and stir into mixture. Mix in chocolate chips. Line two loaf pans (9.25 x 5.95 x 2.75) with parchment paper or line approximately 36-40 mini muffins. Fill pans with batter $\frac{2}{3}$ high, leaving room for muffins to rise. Bake loaves 30 minutes (mini muffins 18-20 minutes) or until toothpick in the middle comes out dry.

Adapted from A Taste of Wellness
Zucchini Muffins by Rochel Weiss

866.474.2774

info@sharsheret.org

www.sharsheret.org



SHARSHERET[®]
Your Jewish Community Facing Breast Cancer